

It is a circumstance worthy of attention, that all diseases which attack the body are in the first instances diseases of ~~system~~^{system}. This fact is of the greatest practical importance and since its introduction has effected a great revolution in the practice of medicine: In many of those diseases which were formerly considered as of weak morbid action, have from the more accurate investigation of modern physicians been proved to come on with an excited state of the system, and even typhus fever, which formerly from the commencement was looked upon as a disease of the lowest grade, is now universally allowed, by the most intelligent practitioners, to come on with increased action, and frequently to such a degree as to require blood letting. — These opinions are not only substantiated by facts and observations, but may likewise be supported by the theory of Fever, which has been so ably taught in this University.

From whatever sources the remote cause may arise, whether from cold, cold, or Idio-miasmatic exhalations, debility is invariably the predisposing cause of all diseases, with this debility there is an accumulation of exhalations, and in this state, the system may exist for months and even years, without disease, unless some exciting cause be applied, for the action of our instant

This would be the case if the excitability were from abstraction, but if on the contrary it was from action, the excitability would be increased and would the excitement increase, when it would be equally necessary to abstract stimuli, that the excitability may be consolidated and the excitement be preserved.

is absolutely necessary for the preservation of its own
 If this is the purpose of the system to ~~prevent~~
 diseases, as it must undeniably be, and ~~the~~ an ex-
 citing cause acting upon accumulated excitability
 thereby causing excitement is necessary to constitute disease
 it must be granted that whether the exciting cause be
 so powerful as to produce the system, as in malig-
 nant fever, or only to induce Catarrh, still in the
 first instance they must be diseases of a chronic.

These observations I have premised, as frequent
 references will be made to them in the course of
 this paper. And from an adoption of those principles,
 the subject will be rendered more interesting to the
 physician, and important to the patient, for while
 it directs the one more frequently to prescribe, it
 will admonish the other strictly to observe abstinence
 in the prevention and cure of diseases.

Before entering upon this subject it may be ne-
 cessary to observe, that abstinence is a relative term,
 and may be divided into partial and entire. It
 is therefore my intention to treat

1st of the effects of partial abstinence on the body.

It acts by lessening the quantity of the fluids;
 to prove this, it is only necessary to glance over the
 process of Chylification, and observe that aliment
 being taken into the stomach, after digestion is
 there performed passes into the duodenum in
 the form of chyme, and the chyle taken up by
 the lacteals is in proportion to the quantity and

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quality of the chyme, the lacteals then discharge their contents into the thoracic duct, which opens into the subclavian vein, and it thereby mixes with the general mass of blood, by which means, that portion which is continually absorbed in the different secretions and excretions, is reproduced. From this short account it must appear evident, that as the quantity and quality of the chyme is increased, so likewise will the chyle and of course the mass of blood, and as the blood must be considered as the principal fluid of the body, from which all others are secreted, and likewise a powerful stimulating agent, so by increasing the aliment, which may be considered as the first cause, we lessen the quantity of the fluids, which are only the consequent effect.

2. By obstructing the stimulus of distention is likewise removed, and altho' this effect may appear trivial, yet from attending to the subject, it will certainly be granted, to be a circumstance of great importance. For instances have occurred in which the apparently feeble stimulus of a full meal has induced a profuse and cases of the yellow fever being excited in persons impregnated with the infection, by a distended stomach are very frequent, as can be testified by some of the

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3. In abstracting the quantity of aliment, the quality is by no means to be neglected, for altho all substances may act by their bulk in producing a stimulating effect, yet the duration and degree of the stimulus caused, is in proportion to the digestible nature, stimulating quality, or nourishing properties of the aliment taken; thus if a person eats the same portion of the flesh of an old ox, or of a young partridge, drinks the same quantity of strong punch or pure water, takes an equal ^{portion} of rich soup or thin gruel, altho the stimulus of digestion would in every case be the same, yet their general stimulating effects on the system would be greatly varied both in duration and degree, according to the diversified qualities of the articles used. By attending to this we may frequently prescribe abstinence without apparent restraint, merely by lessening the nourishing and stimulating quality of the aliment taken.

2nd of the effects of entire abstinence.

Total abstinence from food is attended with all the advantages that have been ascribed to partial, but in a greater degree; for while the one only lessens the action of the stomach, removes in part the nourishment afforded by aliment and diminishes the stimulus from food, the other suspends the office of that viscous altogether, and abstracts entirely both

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With the nourishment and stimulus received from articles of diet.

on the pulse it has very evident effects. To ascertain this I made the following experiment. I abstained from all food and drink from 7 o'clock on one evening until of the next my pulse at the commencement must being at its natural standard, namely 55 strokes in a minute, at eight o'clock the next morning it was examined by ~~my~~ friend Mr. Fuller, he found it to be 50 in the minute, but full and strong; at twelve o'clock he again examined it when it was 50 and evidently reduced in force, at four o'clock P.M. it had fallen to 44, at six it was 52, and at seven it rose in frequency to 58 but was considerably diminished in force, in this state it remained until I took tea when it rose to 74 and was both full and strong. This experiment not only proves the effect of abstinence in reducing the pulse, but likewise shows the excitability ^{have much} to be accumulated from the stimulating effect produced by the small portion of a banquet.

And when we recur to the fact that by total abstinence the whole Obdurate is increased acute and even affectionate, and the violent emotions for a time subdued, we are struck with the importance of the remedy and astonished that it has not been more frequently employed in the treatment of diseases. The advantage of having recourse to this mode of depletion is that it does not act by wearing down the excitability and thereby reducing the system as

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is the one with feathers, sometimes, and is a male.

I have been thinking of you very much lately, and
 wondering how you are getting on. I hope you are
 well and happy. I have been very busy lately, but
 I have managed to find some time to write to you.
 I have been thinking of you very much lately, and
 wondering how you are getting on. I hope you are
 well and happy. I have been very busy lately, but
 I have managed to find some time to write to you.

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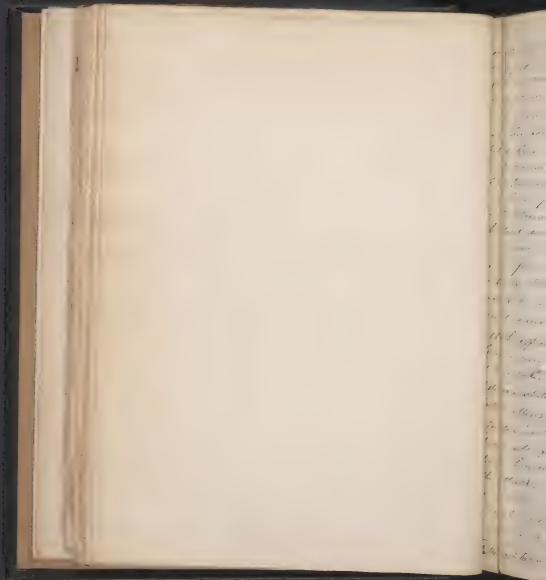


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The color of the leaves of the shrub is green, but the
 underside of the leaves is yellow. The
 leaves are opposite, and the flowers are small, white,
 and the fruit is a small, round, green berry.
 The shrub is common in the lowlands of the
 country, and is used for fuel, and for the
 bark is used for the manufacture of paper.



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 wondering how you are getting on. I hope you are
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The first thing I noticed when I stepped out of the car was
 the cold. It was a sharp contrast to the warm blanket I
 had been wrapped in. The air was crisp and clear, and I
 felt a sense of freedom. The road ahead was long and straight,
 and I knew I was in for a journey. The car was quiet,
 and I could hear the hum of the engine. The sun was
 low in the sky, and the light was soft. I felt a sense of
 peace and tranquility. The road was empty, and I was
 alone. It was a beautiful feeling. The car was a
 part of me, and I was a part of it. The road was
 my friend, and I was its companion. The journey was
 long, but it was worth it. The car was a part of me,
 and I was a part of it. The road was my friend, and I
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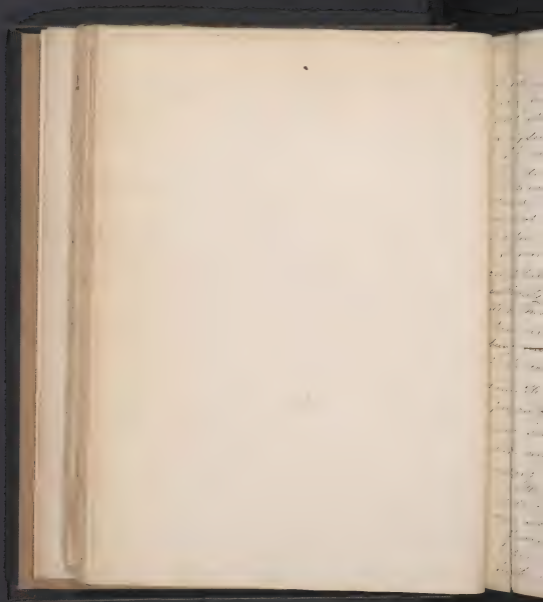
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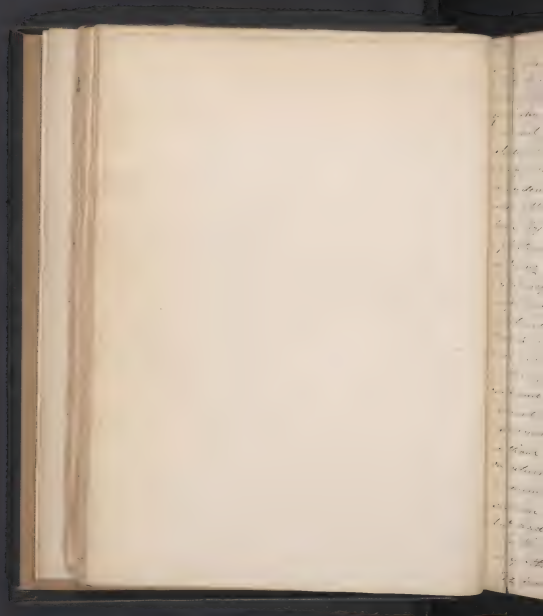
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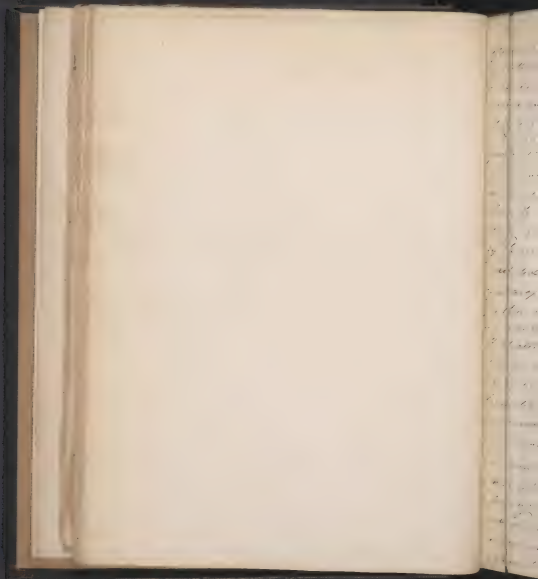
The first thing I noticed when I stepped out
 of the car was a cold breeze, a welcome relief from the
 heat of the car. I looked up at the sky, a deep blue with a few
 wispy clouds. The air was crisp and clean, a stark contrast to the
 stuffy interior of the vehicle. I took a deep breath, savoring the
 fresh air. The sun was shining brightly, casting a warm glow over
 everything. I felt a sense of freedom, a sense of being alive. I
 looked down at my hands, which were resting on my knees. They
 felt so small and insignificant in the face of the vast world around
 me. I smiled to myself, feeling a sense of peace and contentment.
 The world was so beautiful, so full of life and color. I felt like I
 had been given a gift, a chance to see the world from a new
 perspective. I took another deep breath, feeling the air fill my
 lungs. I was so lucky to be here, to be able to see all this beauty.
 I looked up at the sky again, feeling a sense of awe and wonder.
 The world was so big, so full of possibilities. I felt like I was
 standing on the edge of something great, something that would
 change everything. I took a step forward, feeling a sense of
 adventure and excitement. The world was my oyster, and I was
 about to see what was inside.



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For in this case the cure evidently was effected by
fasting.

Not only in the forming state of disease, and in
diseases when formed, are a disadvantage to be derived
from attending to abstinence, but in convalescence
it is likewise absolutely necessary. For at a time
when the digestive organs are weak and the ^{system} highly
irritable, distending the stomach with more abso-
lute than it can digest, or taking food the
stimulus of which is not proportioned to the ir-
ritability of the system, is highly prejudicial
and has frequently caused a relapse, in persons
who had every prospect of a ~~speedy~~ recovery.

It is to be regretted that a remedy so generally
useful in the treatment of diseases, the effects of
which can be so easily regulated by the physician,
has not been more attended to. For not only has
it often suppressed diseases in their commence-
ment and checked them when formed but occa-
sional abstinence is likewise extremely benefi-
cial in health, by allowing the system to equi-
librate itself. Doctor Franklin sensible of its benefits
made it a practice once every week to abstain
from food, in order "he said, "to give nature an
opportunity of cleaning out her streets." When
this practice generally adopted, it would do
away the prejudicial custom of taking medi-
cine in health, many ~~would~~ would attain a
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good old age and while it made men temperate, it
would render them more happy -